



Oklahoma Christian Saints Cross Country Camp

Cross Country Running Camp—Grade 6-12
Camp Dates—May 29th to June 8th (no weekends)
Cost of Camp--\$70 per student
Location of Camp—OCS Track and Field Facilities
Camp Times—8:00 am to 10:00 am

The camp will focus on the fundamentals of running, health, hydration, goal setting and overall fitness. This will help current cross country runners to develop the skills they need to begin their summer running. This camp is great for beginning runners and kids who have been running for years. Students will learn how to take care of and improve the health of their bodies.

Cut and Send Bottom Portion

Student Name: _____ Grade Entering (2018-2019) _____

Address: _____ City _____ Zip _____

Parent/Guardian: _____ Phone: _____

Shirt size: (circle one) YS YM YL AS AM AL AXL

Any Allergies or Medical notes: _____

Return to: Oklahoma Christian School
or mail to:
Rodney Nichols
18409 Las Meninas
Edmond, OK 73012

Make checks payable to OCS Cross Country Camps